



STAMFORD SQUARE FITNESS CENTER



**BE MORE
PRODUCTIVE**



**ENERGETIC
HEALTHIER**



**AND YES...
HAPPIER**

State-of-the-Art Facility

- Strength Equipment, Treadmills, Ellipticals, Recumbent Bikes, Upright Bikes
- Large Screen TV and Personal TV's on Most Cardio Equipment
- Full-Service Locker Rooms with Showers
- Towel Service



Hours & Membership

- Monday-Friday: 6am-9pm
- Saturday & Sunday: Closed
- Become a Member – Contact Heather Evans at the Management Office: (203) 356-9985 or evansh@ashforth.com
- \$300 Annual Membership Dues. Refund within 30 days if not satisfied.



Stamford Square Fitness Center
3001 Stamford Square, D-Level
3001 Summer Street, Stamford, CT 06905





STAMFORD SQUARE FITNESS CENTER APPLICATION

Date

Member Name

Employer

CONTACT INFORMATION

Home Address

E-mail Address

Home Phone

Work Phone

Cell Phone

Emergency Contact Name/Phone

MEMBERSHIP INFORMATION

Membership Start Date

Membership Expiration Date

Access Card Number



For Management Use Only

- Payment Received
- Rules and Regulations Given to Member



STAMFORD SQUARE FITNESS CENTER

MEMBERSHIP REFUND POLICY

Membership is limited to employees of The Ashforth Company or any of its affiliates. You are required to forfeit your membership if you no longer work for The Ashforth Company or any of its affiliates (see refund policy below if Membership is forfeited).

Memberships Dues are \$150 inclusive of sales tax for a twelve month period to be paid in full at time of activation.

Refunds are granted under the following conditions only:

- 1) Member may terminate their membership and receive a full refund at anytime within the first 30 days of activation of their initial membership. This policy does not apply when you are renewing a membership. To request a full refund under this policy you must complete a termination request form in person at the Albert B. Ashforth, Inc. Management office located at 3001 Stamford Square or send via e-mail to the management office. We do not accept termination requests by phone.
- 2) You are required to forfeit your membership because you no longer work for The Ashforth Company or any of its affiliates. If you are required to forfeit your membership you will receive a refund on a pro-rata basis for the number of full months remaining on your annual membership. If your membership is cancelled by choice or forfeited on or before the 15th of the month your refund will be prorated to include a refund for that month. If your membership is forfeited after the 15th of the month your refund will be prorated to exclude that month. So, by way of example, if your membership period runs from January 1st through December 31st and you forfeit your membership on August 3rd, you will receive a refund for the months of August through December. If you forfeit your membership on August 23rd, you will receive a refund for the months of September through December.

All refunds will be issued by check within 30 days of Membership cancelation.

I have read and agree to the Stamford Square Fitness Center Refund Policy terms stated above.

Member Name (printed)

Member Signature/Date

Member Telephone Number

Employer



STAMFORD SQUARE FITNESS CENTER

RULES AND REGULATIONS

- ❑ Fitness Center Hours: M-F: 6am-9pm; Sat & Sun: Closed
- ❑ Only Fitness Center Members are allowed to use the facilities. Visitors are not permitted.
- ❑ Members who participate in the Fitness Center do so at their own risk. Ownership or Management are not responsible for any injury that may occur to individuals participating in any exercise activity.
- ❑ Proper exercise attire must be worn at all times. Sandals, open-toed or open-backed shoes are not permitted.
- ❑ Food is not permitted in the Fitness Center. No gum is allowed.
- ❑ Water or sports drinks are permitted, provided they are in a sealable, closed container.
- ❑ Personal music players are permitted only with use of headphones.
- ❑ Smoking and tobacco products are not permitted in the Fitness Center, including locker rooms.
- ❑ Lockers for daily use only – no overnight storage.
- ❑ The Fitness Center is not responsible for any lost or stolen items.
- ❑ Members are required to pick up after themselves and discard trash and remove personal articles.
- ❑ Please place towels in laundry bin after use.
- ❑ For safety reasons, personal items, bags and other items are to be stored in lockers only and not on the Fitness Center floor.
- ❑ All Members are required to wipe down cardio and weight room equipment after each use.
- ❑ If there is a wait for cardio equipment, please limit your workout to 20 minutes.

THANK YOU FOR YOUR COOPERATION





STAMFORD SQUARE FITNESS CENTER

WAIVER

I understand that my use of the Stamford Square Fitness Center and the equipment and facilities located therein (collectively, the "Fitness Center") is voluntary and at my own risk and that no supervision or monitoring will be provided. I will be solely responsible for familiarizing myself with the safe use and operation of all equipment and facilities located in the Fitness Center. I agree to comply with the rules and regulations applicable from time to time with respect to the use of the Fitness Center. I understand my right of access to the Fitness Center may be revoked at any time.

In consideration for my being granted access to the Fitness Center, I hereby release and agree to indemnify, defend and hold harmless Stamford Square Associates, Albert B. Ashforth, Inc., and their respective parent, subsidiary, related and affiliated companies and their respective officers, directors, members, managers, partners, agents, employees, successors and assigns (collectively, "Management"), from and against any and all claims, notices, demands, causes of action, damages and liability whatsoever, including attorneys' fees and expenses, arising from or related to any injury or damage to myself or other persons or property in connection with my access to or use of the Fitness Center. This includes without limitation, any physical or mental injury, loss of income or other economic loss, property damage or other damage to myself, spouse, [guests] or other family members in connection with my use of the Fitness Center. I further agree not to sue or make any claim of any nature whatsoever in any court, agency, or other forum or proceeding against any individual or entity whom I have released and agreed to hold harmless in the preceding sentence.

I understand it is recommended that I have a physician's consent and/or have a physician identify to me any limitations on my exercise that I may have. I have consulted with a physician to my satisfaction before beginning or continuing any exercise program at the Fitness Center and I will be solely responsible to monitor my physical condition in the future. Should any emergency medical attention or services appear necessary or desirable on my behalf, I authorize Management, or any of them, to obtain such attention or services for me, without any obligation on their part to do so or any responsibility for the cost or outcome thereof.

I recognize that Management will not be responsible for any loss or damage to any of my personal property which may be lost, damaged or stolen in or about the Fitness Center.

I have sufficient opportunity to read this form, ask questions and consult with my attorney to my satisfaction. I have sufficient information and capacity to give my informed consent and agreement to these provisions as indicated by my signature below.

Member Name (printed)

Member Signature/Date

Member Telephone Number

Employer at 3001 Stamford Square

Copy of Rules & Regulations and Signed Waiver given to Member